



# Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh (U.T.)

## ACTIVITIES REPORT

October 2021 to December 2021

Vedic Programs  
Webinars  
Seminars  
Awareness Programs  
Extension Lectures  
Cultural Programs  
Social Outreach Activities  
Achievements  
and many more.. .

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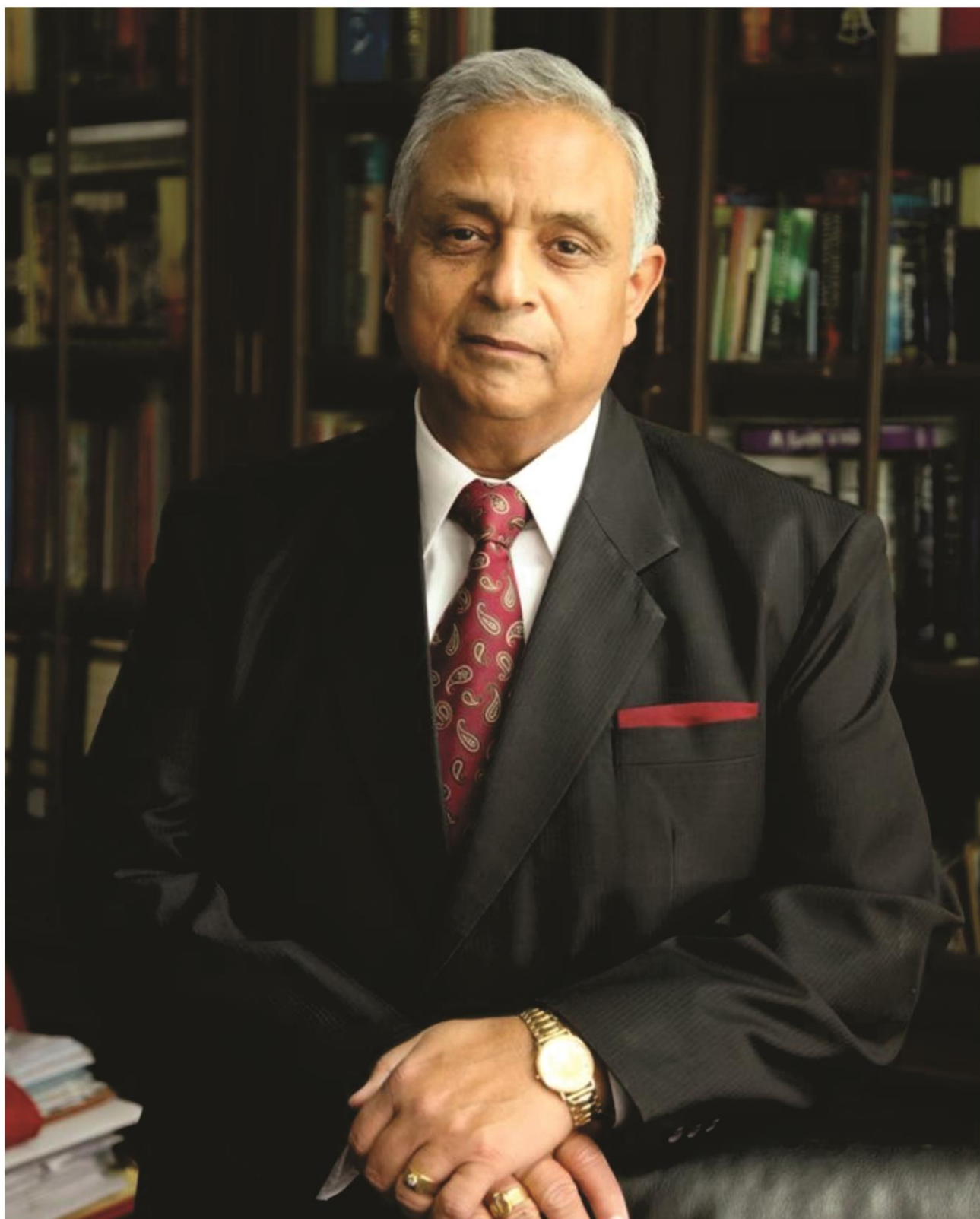
Website: <https://mcmdavcwchd.edu.in/>

# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

## *Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*



*A Leading Luminary*

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**Sh. Ajay Suri**

Hon'ble General Secretary  
DAV College Managing Committee  
New Delhi



*A Visionary Educationist*

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**Sh. H.R. Gandhar**

Hon'ble Vice President  
DAV College Managing Committee  
New Delhi



*Our Guiding Light*

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**Sh. Shiv Raman Gaur**

Hon'ble Director Higher Education  
DAV College Managing Committee  
New Delhi



## Principal's Message

Research, Innovation and Technology are rightly called the pillars of Higher Education. As the world is our oyster in the 21<sup>st</sup> century amidst the minimal consideration of time and space, holistic education is imperative to mould the students into nation builders.

Mehr Chand Mahajan DAV College for Women blends tradition with technology and nurtures dynamic young women strongly rooted in Vedic traditions. As innovative and critical thinker, they remain our young ambassadors for establishing a resurgent, progressive and inclusive social fabric. In the second quarter of the current academic session i.e. Oct to Dec 2021 they have engaged themselves in various programs which have unleashed their potential zest and talent, bringing laurels to the institution at various platforms.

My deepest gratitude to Dr. Punam Suri Ji, Padma Shree Awardee, worthy President, DAV College Managing Committee (DAV CMC), New Delhi for his visionary leadership and encouragement. I express my thanks to Shri H.R. Gandhar Ji, Hon'ble Vice President, DAV CMC, New Delhi for his valuable guidance at all times. I also express my gratitude to Shri Shiv Raman Gaur Ji, Director Higher Education, DAV CMC, New Delhi for his most willing guidance and blessings that we receive in ample measures. With a deep sense of gratitude to the Almighty, I present this report which provides a panoramic view of our journey during the months of October to December 2021.

*Nisha*

**Dr. Nisha Bhargava**  
**Principal**

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## MCM NSS units hold awareness camp under Poshan Abhiyan at Badheri



The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated NSS Day by organising an Awareness Camp under the aegis of Poshan Abhiyan at Anganwadi Complex, Village Badheri, Chandigarh. The objective of the camp was to create awareness about the importance of good nutrition among children and to disseminate knowledge about the relevance of medicinal cum

nutritional plants. The camp began with an interactive lecture on nutrition awareness among vulnerable group of the society - 'Sahi Poshan Desh Roshan' by Dr. Harjot Kaur Mann, Department of Food Science at the college. The session was aimed to engage pregnant females, lactating mothers and adolescents, for promoting positive nutrition behaviour and practices. Promoting 'Nourish to Flourish', the expert shared knowledge of essential nutrients and their cheap sources with the target group members and urged them to refrain from junk foods. They were also motivated to extend their knowledge to eradicate the issue of malnutrition at the grass root level. Mrs. Parvinder Kaur, Supervisor, ICDS Project 3 from Department of Social Welfare, U.T. Chandigarh was also present on this occasion. The NSS volunteers also presented a nukkad natak on importance of 'paustik aahar' in daily life wherein the importance of inclusion of appropriate amount of proteins, carbohydrates, fibers in every phase of life especially during different phases of pregnancy was highlighted. At the end of the camp, a Nutri Vatika was set up in collaboration with MCM Eco Club at the premises of Anganwadi complex. The volunteers planted nutritional cum



medicinal plants that were procured from Department of Forests and Wildlife, Chandigarh Administration like stevia, amla, guava, curry pata, mint, giloy, ajwain, brahmi, etc. They also disseminated the knowledge about the beneficial nutritional effects of these plants among the residents. During the event, appropriate COVID norms were followed.



Principal Dr. Nisha Bhargava expressed appreciation for NSS units for promoting practices that nurture health, wellness and immunity to disease and malnutrition. She added that by undertaking such social outreach activities, value of social responsibility is ingrained in students while promoting their holistic development.

Principal Dr Nisha Bhargava congratulated the proud girls and asserted that MCM remains steadfast in its endeavour to groom women of substance who contribute constructively towards the welfare of the society.

## MCM celebrates Gandhi Jayanti



Mehr Chand Mahajan DAV College of Women, Chandigarh celebrated Gandhi Jayanti with a host of activities that aimed to apprise the students about the contribution of Mahatma Gandhi towards the liberation of his motherland and his vision for a progressive India. Principal Dr. Nisha

Bhargava dedicated a self composed poem to the Father of the Nation wherein she referred to him as the ambassador of world peace who shook the foundations of imperialism through non-violence and paved the way for India's freedom. Speaking on this occasion, Dr. Bhargava said that Gandhiji's method of non-violence inspired many civil rights movements across the world and the fact that his anniversary is also celebrated as the International Day of Non-Violence by the United Nations speaks volumes of the indelible mark that he left on the world's conscience.

The NSS units of the college celebrated the day with a one-day Swachhta Camp wherein Swachhta Pledge Ceremony and Cleanliness drive was held as part of Clean India programme. During the pledge ceremony, a Swachhta oath was administered to the NSS volunteers who pledged to keep their surroundings clean and realise Gandhiji's dream of 'Swachh Bharat'. A massive cleanliness drive was organised wherein 80 NSS volunteers cleaned every nook and corner of the college including Celebration Ground, lawns, Hostel areas, laboratories, and mess areas. In another event, the Department of Sanskrit and Character Building Committee of the college marked the celebrations with 'Swavalamban'- an activity that sought to reinforce Gandhiji's ideals through Best Out of Waste, Slogan Writing and Bookmark Making Competitions.

## MCM hosts Induction cum Freshers 2021



In a unique event to induct the newcomers into the quintessential culture and ethos of the institution, Mehr Chand Mahajan DAV College for Women, Chandigarh hosted an Induction Programme cum Freshers programme in blended mode. Sh. Praveer Ranjan, DGP, UT Chandigarh graced the infotainment extravaganza as the Chief Guest, and Sh. Kuldeep Singh Chahal, SSP, Chandigarh and Dr. Gurdip Sharma, Former Panjab University Senior Senate and Syndicate Member were the Guests of Honour. Speaking on the occasion, Sh. Praveer Ranjan expressed appreciation for

the great service to the nation that is being rendered by the college. In his motivational address, Sh. Ranjan shared with the students that the mantra of success in life lies in adopting the principles of honesty, sincerity and faith in oneself. Adding that college life is that crucial phase wherein one develops one's individuality, he advised the newcomers to make the most of their college days and work towards accomplishment of their vision with determination and dedication. He ended his inspiring address with lines from Maithili Sharan Gupta's famous poem 'Swades', giving the youth the message of working towards nation building. Principal Dr. Nisha Bhargava welcomed the newcomers to this great seat of learning and apprised them of the countless international and national laurels earned by the college. She further implored them to carry forward the rich legacy of this illustrious institution in a befitting manner and to write this new chapter of their life

pragmatically. Motivating the students to realise their potential, she asserted that the college is working incessantly for their holistic development. With the aim to raise awareness on the crucial and pertinent issue of cyber crimes, Ms. Rashmi Yadav, DSP (Cyber Cell), Chandigarh educated the students about various crimes in cyberspace and shed light on the role of civic society and law enforcement agencies in curbing this menace.

An introductory video of the college provided the newcomers glimpses of the great institution that they have become a part of now. The Deans and Conveners of various committees and clubs were also introduced to the students. A feisty skit with a touch of humour introducing the freshers to the college rules, melodious song performances and dance performances won the hearts of all the viewers.



Ms. Fresher Contest was the highlight of the event wherein the newcomers walked down the ramp with aplomb. After various rounds, the shortlisted finalists went on to the question-answer round wherein they answered the questions in an immaculate and poised manner, showcasing their

eloquence and confidence. The winners of the contest were:

Ms. Fresher: Eknor Gill

1st Runner Up: Mehramaat

2nd Runner Up: Paridhi

Ms. Elegant Walk: Chhavi

Ms. Radiant Smile: Punya

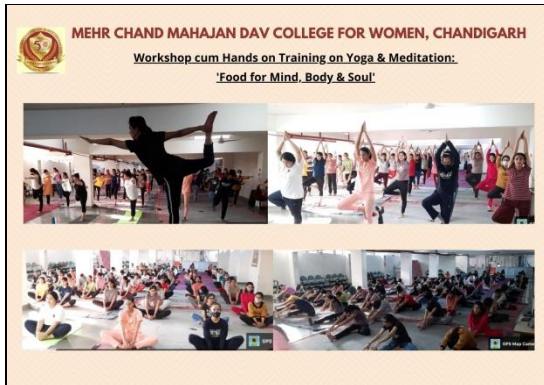
## MCM signs MoU for disposal of used cooking oil



The PG Department of Economics of the college organised its annual fest 'Econoverse - 2021'. Given the present challenging times, the fest was organised online with the aim of encouraging budding economists and providing them a real-time environment to test their knowledge of

Economics. The occasion was graced by Prof. Suman Makkar, Dept. of Economics, Panjab University as the Chief Guest and Prof. Pardeep S Chauhan, Dept. of Economics, Kurukshetra University as the Guest of Honour. Principal Dr. Nisha Bhargava inaugurated the fest and congratulated the Economics Department for keeping this annual tradition alive even during such times when offline events are not possible. She added that innovation and knowledge hold the key to the future and Econoverse assumes immense significance in light of the fact that it is the right platform for promoting innovation and knowledge. Prof. Makkar expressed appreciation for the novel initiative of the department to engage the students with concepts of Economics in an interesting manner. Igniting the passion in the students to achieve greater heights in life, Prof. Makkar motivated them to keep learning and believing in one's capabilities for success in life. The fest consisted of various innovative and engrossing events including The Mind Fizz, Stakes and Staggers, Caption Contest, Biz Tycoons, Economic Antakshari, and Puzzle and Scams that kept the audience glued to their screens throughout the fest. In the valedictory address, Prof. Pradeep S Chauhan praised the college for its excellence in the field of women education and stated that in such challenging times, events like Econoverse are imperative to boost up the students' confidence and keep them engaged.

## Workshop on yoga and meditation culminates at MCM



Mehr Chand Mahajan DAV College for Women, Chandigarh organised the grand finale of the hands-on training-cum-workshop on yoga and meditation titled 'Food for Mind, Body and Soul' under the aegis of its Sustainable Practices and Skill Development Committees. The resource person of the event was Ms. Keisham Monarita, Gold medalist Yoga instructor and an International player of Yoga. 90 participants actively took part in learning ashtanga yoga, pranayama, asanas and meditation techniques. The workshop started with Om chanting to bring calmness, attention and consciousness, followed by Surya Namaskar. The asanas and pranayamas demonstrated by the expert were mainly focused on post-Covid recovery and boosting of the immune system, relieving back pain, diabetes, thyroid problems, improving digestion, weight loss and overall strengthening of the muscles. Some of the asanas included Tadasana, Vrikshasana, Trikonasana, Natarajasana, Ardha Chandrasana, Ardha Chakrasana, Padahasthasana for standing poses. Further, sitting poses Baddha konasana, Vakrasana, Eka pada Rajakapotasana, Janusirasana, Ardha Ustrasana, Ardha Kurmasana, Eka pada Pavanamuktasana, Setu Bandhasana and Naukasana were performed. The final session of asanas were performed in prone position which included Bhujangasana, Naukasana and Dhanurasana. The pranayama session started with Kapalbhati and continued with Shitali pranayama, Shitkari pranayama, Anulom Vilom pranayama and Bhramari pranayama. Principal Dr. Nisha Bhargava stressed upon the fact that yoga is not just a daily practice but a way of life that needs to be adopted in order to lead a healthy and fulfilling life.

## MCM holds expert lecture on Governance Reforms, Leadership and Institutional Management



The Internal Quality Assurance Cell (IQAC) of the college organised an Expert Lecture on 'Governance Reforms, Leadership and Institutional Management in the Context of NEP 2020'. Prof. Parvinder Singh, Vice Chancellor, Rayat Bahra University, Mohali was the resource person for this insightful lecture. Inaugurating the lecture, Principal Dr. Nisha Bhargava stressed on the great

contemporary relevance of the topic of the lecture. She further highlighted the importance of NEP 2020 and how it would strengthen the ramparts of higher education in India, especially opening up new portals and avenues of opportunities for the youth of the country. Prof. Parvinder Singh began his insightful lecture by complimenting the college for being a frontrunner in adopting various best practices. Asserting that knowledge is the most important for sustaining human development, Prof. Singh said that an assessment of deficiencies in key areas in higher education is imperative for addressing the consistent need for reforms. He underlined planning deficit, financial problems, academic and examination reforms, infrastructure revamping, research, internationalisation, etc. as the challenges before higher education, and suggested governance and leadership reforms like establishment of IQAC, faculty empowerment strategies, engagement of community, inclusion, situatedness, robust redressal system for addressing students' grievances, environment consciousness, gender equity and sensitisation, seamless integration with virtual platforms and so on for ensuring institutional sustainability. He also shed light on some very pertinent best practices for promoting institutional distinctiveness like promotion of research, academia-industry interface, skill development strategic planning, community service, project based learning, digitalisation, enhancement of skill oriented competency of staff, women empowerment programmes, scholarship schemes, training and placement.

## MCM holds anti-ragging orientation session



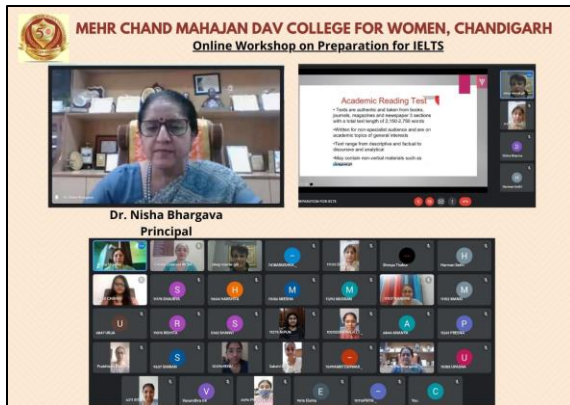
The Anti-Ragging Committee and the Hostel Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an Orientation Programme for the residents of the hostel. Addressing the 104 participants on the occasion, Principal Dr. Nisha Bhargava introduced the students to the glorious heritage of the institution established in the memory of the legal luminary Justice Mehr Chand Mahajan, former Chief Justice of India. She also exhorted the students to strive for excellence and maintain a ragging-free campus.



The Convener of the Anti-Ragging Committee Dr Bindu Sharma, through a power point presentation, sensitised the students about the various forms of ragging and introduced the mandatory regulations of UGC to control the menace of ragging. Ms. Baljeet Tiwana and Dr Jasmine Anand, Dean and Co-ordinator of the Hostel Committee, respectively also interacted with the students and announced the formation of Student Anti-Ragging Squad in the hostel.



## MCM holds online workshop on IELTS preparation



The Career Counselling Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop focusing on equipping students with knowledge and skills required for the preparation for IELTS. The workshop was conducted by StarQuest, an educational venture of highly experienced corporate professionals with an astute focus on improving the standard of English.

The resource person was Ms. Deep Kamal Gill from StarQuest. Over 89 students registered for the workshop. Ms. Deep provided the participants thorough insights into the nuances of IELTS examination including eligibility criteria, registration, syllabus, exam pattern, scoring and how to ace the exam. The expertise and the rich reservoir of knowledge of the resource person provided the participants a great learning experience and they benefited from the reading activity conducted during the workshop. The event ended with an interactive session wherein the doubts of the participants were solved.

Principal Dr. Nisha Bhargava lauded this initiative of the Career Counselling Cell to educate students about IELTS- the exam that holds immense significance for education and employment abroad, and immigration. She added that with a large number of students considering offshore options, such sessions assume great relevance.

## MCM celebrates International E-waste Day

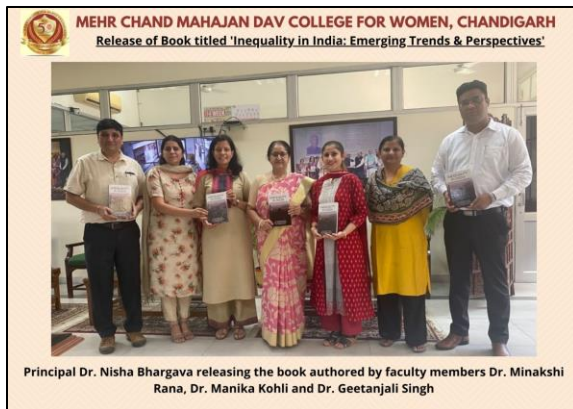


The Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised 'E-Safe'- an event to mark the celebration of International E-waste Day. The aim of the celebration was to generate awareness regarding the hazards of e-waste and its

proper disposal by handing it over to authorized recyclers instead of giving it to scrap dealers. As part of the celebration, the college signed an agreement with Ortech India Corporation, Baddi, Himachal Pradesh, an authorized recycler under Chandigarh Pollution Control Board. The students and faculty members were encouraged to get e-waste from their homes and put it in the red bin already installed in the college for e-waste collection. The Committee handed over 67 kg of collected e-waste to the recycler for its proper disposal. On this occasion, Mr. Rohit Puri, Director, Ortech India Corporation delivered an awareness lecture about the hazardous impacts of e-waste on the environment and how we are exposed to the toxic chemicals present in e-waste. For more awareness, students were shown an animated video on e-waste. A total of 52 students and faculty members attended the lecture.

Principal Dr. Nisha Bhargava lauded this initiative of the Sustainable Practices Committee for bringing into spotlight the problem of e-waste which has assumed huge proportions owing to Covid-19 outbreak which led to drastic increase in the usage of e-products, resulting in tonnes of e-waste generation. She expressed hope that this endeavour would sensitise consumers about e-waste and help in making circularity a reality for e-products.

## MCM faculty's book on Inequality in India released



Carrying forward the tradition of academic excellence at Mehr Chand Mahajan DAV College for Women, Chandigarh, three of its faculty members released their book titled 'Inequality in India: Emerging Trends and Perspectives'. Principal Dr. Nisha Bhargava unveiled the book authored by Dr. Minakshi Rana, Dr. Geetanjali Singh

and Dr. Manika Kohli.

Speaking at the release, Dr. Bhargava asserted that despite various growth measures, the country is mired in the abyss of multi-faceted disparities ranging across a wide array of socio-economic aspects. She added that this book is an initiative to highlight and bring to the forefront such multi-disciplinary issues which are aggravating the problem of inequality in the country.

The foreword of the book has been written by Dr. Surender Kumar, Professor and Head of Department of Economics, Delhi School of Economics, University of Delhi. The book is an attempt to highlight various crucial problems that have led to rise in inequality in the country. The book delves into these problems by systematically presenting the trends and current challenges along with relevant case studies. Thus, the book is a systematic synthesis and complete guide to the contemporary philosophy on inequality in India. This issue, having economy-wide implications, will therefore make the book extremely useful for policy-makers, industry practitioners, management consultants, besides the students and the academicians.

## 8-day National Workshop on Contemporary Research held at MCM



The Department of English, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a national-level online 30 hour workshop titled 'Contemporary Research: Scope, Challenges and Methodology' for a heterogeneous group of faculty members, research scholars and post-graduation

students to apprise them of the nuances of research as recommended in the National Education Policy 2020. Nearly 157 participants from different parts of the country enrolled for this programme. Eminent researchers and academicians from different universities, including Prof Deepti Gupta, Department of English and Cultural Studies, Panjab University, Dr Neeraj Kumar Singh, Deputy Librarian, AC Joshi Library, Panjab University, Prof Praveen Sharda, Department of English, University School of Open Learning, Panjab University, Prof Gurupdesh Singh, Department of English, Guru Nanak Dev University, Amritsar, Prof Aneel Kumar Raina, Department of English and Cultural Studies, Panjab University, Prof Vivek Sachdeva, USHSS, Guru Gobind Singh Indraprastha University, Delhi, Prof Dilip Barad, MK University of Bhavnagar, Gujarat, and Prof Sudhir Kumar, Department of Evening Studies, Multi-Disciplinary Research Centre, Panjab University, delivered lectures in this 8-day academic event.

Principal Dr Nisha Bhargava, Convenor of the programme appreciated the Department of English for undertaking this well-structured programme consisting of live lectures, assessment, feedback and discussion forum to make it a holistic academic initiative. Dr. Bhargava stressed upon the significance of this endeavour

as she highlighted the role of quality research in informed policy making and promoting social welfare.

Prof Deepti Gupta enlightened the participants about the linguistic subtleties of research writing in her session 'Language Matters' on the inaugural day. She dwelt upon the idea that a research question must be very precise as ambiguities and presumptions can claim no space in research writing, and also exhorted the participants to state clearly the gaps in research which spur them to undertake research in that specific area.

Dr Neeraj Kumar Singh delivered a stimulating session on 'Contemporary Research—Use of Open Educational Resources' wherein he apprised the participants about the knowledge resources which can help them navigate their research journey. He gave a very lively presentation on various tools like Jorum, Xpert, Flickr, which the researchers can use in order to substantiate and strengthen their research quotient.

Prof Praveen Sharda shed light on 'Literature Review: Challenges and Strategies'. She remarked that literature review in the dissertation must be systematic and relevant to the research question being undertaken, and can be based on the concept and theory which the researcher is going to apply on a specific text or author and it can also be on the methodology which will be adopted by the researcher.

In a highly interactive session on 'Research and Research Writing', Prof Gurupdesh Singh reinforced the idea that all research is meant to fill the gaps in the hitherto available body of work in a specific area and therefore, the researchers must pay attention to the language they use while formulating their research question. He suggested that the researchers must use, apart from the library resources, like

manuscripts, books, journals, films, museums, art galleries, field studies, videos, audio-books, blogs too.

Prof Aneel Kumar Raina gave a lecture on 'Citations, References and Bibliography as per MLA Handbook'. He focused on the need for precision in citing one's sources in the research work as this can make or mar the credibility of the researcher. Distinguishing MLA style from other styles, such as Chicago or Harvard, he reminded the young researchers that Panjab University, at present, prefers MLA Handbook 8th Ed for citing sources for Ph.D theses.

Prof Vivek Sachdeva delivered a lecture on 'Time and Space in Films: A Narratological Perspective'. By showing a few snippets from the movies like Sardari Begum and Zubeida by Shyam Benegal, he explained that a film-maker creates a discourse and a literary text and film-adaptation are two parallel mediums and must not be compared.

Prof Dilip Barad delivered an exhaustive session on the pivotal aspect of research, 'Research and Publishing Ethics'. He guided the participants as to how they can keep plagiarism at bay by using very useful softwares like Orkund and Turnitin. He exhorted them to create their research profile to enable their connectivity in the academic circles.

On the concluding day, Prof Sudhir Kumar gave an enlightening talk on 'Some preliminary Observations on Research and Problem of Non-translatibility with Special References to Indian Literary Tradition and Cultural Studies'. He highlighted the fact that researchers, most often, use words from Indian philosophy in English translation without knowing that the essence of these concepts and words cannot be captured in the English translation.

## MCM holds international discourse on Sociology of Health



The Postgraduate Department of Sociology at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online international discourse on 'Sociology of Health with special reference to work-life balance challenges for women in the era of digitalisation'. Prof. Allen Furr, Professor Emeritus in Sociology, Auburn University,

USA was the resource person for this discourse that sought to throw light on the impact of digitalisation on personal as well as professional life and to discuss the various issues pertaining to the work-life balance for women in the era of digitalisation. Over 595 participants from across the country attended the event. Prof Allen mentioned that the digital world has put extreme pressure of performance and availability on the workforce, thereby disrupting the work-life balance. He added that with our society stressing on women's identity more related to household work and care of family members, the pressure of work on digital platform makes women more vulnerable to stress, anxiety and depression in comparison to men. People suffer from the chronic techno stress and feel emotionally distant while working on gadgets in isolation. The participants asked Prof Allen about how to strike a balance in personal and social domain as internet has become an essential part of daily lives. Prof. Allen suggested to stay disconnected for the time being and spend quality time with family and dear ones to stay mentally healthy and professionally more focused. Principal Dr. Nisha Bhargava appreciated the initiative of Department of Sociology. She mentioned that digital platform has eased out dissemination of information and processing of data but physical interaction and quality time with family is still very much relevant for the emotional vigour and professional excellence.

## MCM holds anti-plastic drive



In an initiative to spread awareness in the community regarding the hazardous effects of plastic on health and ecology, and the ways to reuse plastic, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh carried out an anti-plastic drive in Sector 36, Chandigarh. The

volunteers of the Committee distributed saplings of various kinds among the residents of Sector 36.

They went from door to door to collect plastic items from the residents and in return, gave them a plant each to spread the message of conserving the environment. The saplings distributed included that of tulsi, elaichi, jamun, lockhart, etc. The response received from the residents was overwhelming. The plastic thus collected will be recycled by make decoratives items that will be displayed during an exhibition in the college.

Principal Dr. Nisha Bhargava lauded this initiative of the Character Building Committee to raise awareness about the health and environmental hazards of plastic waste in a novel manner. She added that plastic waste makes its way from our homes and offices to landfills and water bodies, causing contamination and harming our health and environment, and thus, such awareness initiatives are the need of the hour.



## MCM inks pact with Bhopal School of Social Sciences



Mehr Chand Mahajan DAV College for Women, Chandigarh signed a Memorandum of Understanding (MoU) with Bhopal School of Social Sciences, Madhya Pradesh to conduct joint initiatives in the areas of academics, training, research and community development. Besides providing for student exchange and faculty training, the MoU will pave way for cooperation between the two institutions in a variety of academic and research programmes in Sciences, Social Sciences and Entrepreneurship Development.

Principal Dr. Nisha Bhargava informed that the MoU will facilitate undertaking of joint research projects, conferences and workshops, promote collaboration for co-creating startup ecosystem, and engage in training, counseling, mentoring, outreach, thematic events and co-incubation. She added that this MoU adds to the list of MoUs with prestigious international and national institutions like LSME, UK, USERN, Iran and CIBIOD, PGIMER, Chandigarh.

## MCM NSS undertakes cleanliness drive at Badheri Anganwadi



Keeping up with the spirit of swachhta, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh undertook a cleanliness cum beautification drive in Anganwadi Complex of their adopted Village Badheri, Chandigarh. During the drive, the volunteers segregated waste and

collected more than 11 Kg of single use plastic waste material from the complex that included plastic bottles, wrappers, spoons, disposable cups and plates.

They thoroughly cleaned every nook and corner of the Anganwadi complex that included playing area, parking lot, corridors and green belt. Unwanted weeds and shrubs around the periphery and in the complex were removed, and dry leaf litter was collected to be put in compost pits. The volunteers participated enthusiastically in the cleanliness drive and promoted the concept of Swachh Bharat Swastha Bharat as part of Clean India Programme.

Principal Dr. Nisha Bhargava lauded the consistent efforts of MCM NSS to create awareness regarding swachhta, mobilization of people and ensuring their involvement in the Clean India initiative. She added that such concerted efforts are imperative for realising the dream of a clean and green India.

## MCM NSS holds awareness campaign on single use plastic at Badheri



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a one-day special campaign against Single-Use Plastic in the adopted village Badheri, Chandigarh. During the campaign, the NSS volunteers collected single use plastic waste and sensitised the residents about the harmful effects of such

plastic on humans and the environment. On this occasion, Mrs. Harinder Kaur, Regional Director, NSS discussed about the objectives and goals of Clean India programme and urged the volunteers to make their surroundings plastic free. A massive cleanliness drive was also organised wherein the volunteers cleaned public parks, streets and undertook visits to Anganwadi complex, residential and market areas, collecting more than 60 kgs of single use plastic waste. The volunteers also organised an awareness rally on Single Use Plastic Ban wherein they urged people to adopt alternates for plastic such as newspaper bags in their daily routine. They also enlightened residents about the rules and strategies which Government of India is adopting to curb plastic menace. The waste thus collected was handed over to the officials from Chandigarh Deputy Commissioner office for proper disposal. A nukkad natak was also performed by the NSS volunteers to make residents aware about the need to maintain clean environment. Principal Dr. Nisha Bhargava asserted that it is well known that plastic takes thousands of years to decompose, adversely affecting humans, flora and fauna, and this, it is important to raise awareness about this menace. She lauded MCM NSS units for working consistently for creating clean and green India.

## MCM holds interactive session with world famous Haematologist Prof Ramesh Arya



The Medical Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of the college's Internal Quality Assurance Cell, organised an enlightening interactive session with renowned Haematologist Prof Ramesh Arya. While interacting with the faculty members of the college, Prof.

Arya discussed health communication as a prerequisite for making informed health related decisions. Foregrounding the example of COVID-19, he stressed upon effective, integrated and coordinated communications as integral to building a healthier future.

His pertinent suggestion to equip teachers with requisite knowledge about various health issues, diseases and health management, which they can use for sensitising and educating students, was well received. In his thought provoking address, Prof Arya also shed light on the interlinkages between ethical and moral principles vis-a-vis health and well-being. He also discussed the need for a holistic education system which encompasses all these essential principles.

Principal Dr. Nisha Bhargava expressed gratitude to Prof. Ramesh Arya for sharing his valuable thoughts and suggestions. She further advocated promotion of health education as it provides tools for capacity building and supports behavioural change.

## MCM celebrates World Food Day



The Department of Food Science at Mehr Chand Mahajan DAV College for Women, Chandigarh celebrated World Food Day with various inter-college competitions. The competitions included Extempore, Poster making and Food Quiz. The event witnessed enthusiastic participation as 150 students registered for it. The programme began with Extempore wherein the participants shared their views on topics related to food safety, hunger, malnutrition, food labeling, probiotics, sustainable green packaging, etc.

The second session included various thematic rounds under the Food Quiz that tested the food related knowledge of the participants. In the Poster making competition, the participants conveyed their ideas through posters on topics related to hunger, food insecurity, malnourishment, recent trends to tackle these issues, etc. The events enabled the students to sharpen their scientific communication skills. The event concluded with prize distribution ceremony wherein the winners were presented prizes.

Principal Dr. Nisha Bhargava lauded this endeavour of Food Science Department aiming at raising awareness about the problem of global hunger and drawing attention to the issue of access to safe and nutritious food. She added that this occasion should be utilised to educate masses about the need to have a robust food system that provides healthy and sustainable diets for everyone.

## MCM celebrates Rashtriya Ekta Diwas



**Mehr Chand Mahajan**  
DAV College for Women  
Sector 36-A, Chandigarh (U.T.)

Department of Political Science  
and Debating Club  
organises  
An Online Inter-College  
Declamation Competition

Topic:  
**Is pluralism a threat to  
Indian unity?**

**Rules:**

- Students can send video recordings of their speech (3-4 minutes) in Hindi, English or Punjabi.
- Paper reading is not allowed.
- All entries must be sent through Google form only.
- Every college can send up to 3 entries of bonafide students.
- Decision of judges is final and binding.
- Entries must reach latest by 31 October 2021.
- Cash prizes will be given to first five positions (First Prize-2000/-, Second Prize-1500/-, Third Prize- 1000/- and Two Consolation Prizes- 800/- each) and E-certificates will be awarded to all participants

Click the following link to submit your entry: → [CLICK HERE](#)

Dr Neha Soi and Dr Ritu Khosla  
Coordinators

Dr Nisha Bhargava  
Convener & Principal

To mark the celebrations of Rashtriya Ekta Diwas, the Department of Political Science and the Debating Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an inter-college online Declamation Contest as a tribute to the great visionary Sardar Vallabhbhai Patel on his birth anniversary. The contest was held on the topic 'Is pluralism a threat to Indian unity?'. The contest witnessed enthusiastic response as students from across the country participated in it. The participants sent in their recorded videos expressing their views on the given topic in English, Hindi or Punjabi. The first three

winners and two consolation winners were awarded cash prizes.

Principal Dr. Nisha Bhargava wished fellow countrymen on the birth anniversary of the great leader Sardar Vallabhbhai Patel. Exhorting the students and staff to live by the ideals of Sardar Patel, Dr. Bhargava motivated them to reaffirm commitment to strengthening the democratic fabric of our great nation.

## MCM celebrates Vigilance Week with Debate Competition



Marking the celebration of Vigilance Awareness Week, the Vigilance Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Debate Competition on the theme 'Independent India@75: Self Reliance with Integrity' under the aegis of Azadi ka Amrit Mahotsav. The event was conducted in

association with the Vigilance Cell of Chandigarh Administration and sponsored by the Central Bank of India. The guests on the occasion were Shri Ranbir Singh, Vigilance Officer, Central Bank of India, and Shri Gian Singh from the Vigilance Cell, Chandigarh Administration. The competition drew an enthusiastic response from students across different streams of the college. The programme commenced with an oath taking ceremony and proceeded with the speeches of the participants. The participants spoke both for and against the motion and answered the questions put forth to them by the audience.

Principal Dr. Nisha Bhargava lauded this initiative of the Vigilance Cell of the college. She said that the theme of self-reliance with integrity is a very relevant one and asserted that all the countrymen should adopt the mantra of 'Quit Corruption' for transforming our country into a corruption-free progressive nation.

The results of the competition are:

First prize: Jasmine (B.A.)

Second prize: Riddhi Shrivastava (B.A.)

Third prize: Dhanu (B.Com.)

## MCM celebrates Green Diwali, participates in Anti Cracker Campaign



Ushering the festival of lights in a unique and meaningful manner, Mehr Chand Mahajan DAV College for Women, Chandigarh organised a host of events aiming to not only spread festive cheer but also to raise awareness about green Diwali celebrations. The Character Building Committee of the college organised a 6-day event titled 'Deepmala Utsav' that included various competitions and activities, and culminated with a vibrant cultural extravaganza and an exhibition. The competitions that were part of the Deepmala Utsav included Poshak Mithai, Slogan Writing, Diya Decoration and Card Making on the theme of 'Safe and Green Diwali', and Lessons for Life- a video competition on favourite character from Ramayana. Besides the



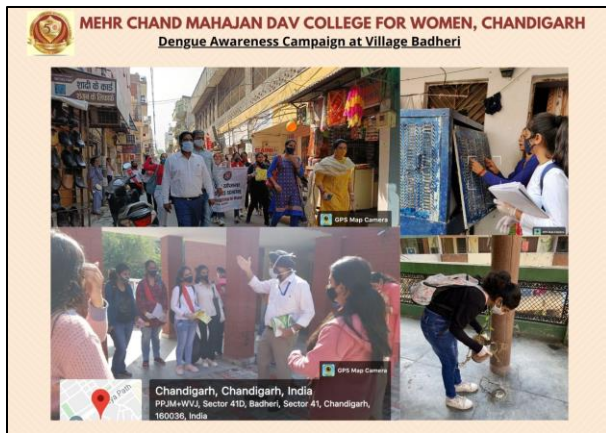
competitions, a Stone Painting Workshop was also organised and a nukkad natak on 'Say no to crackers' was also presented to sensitise students about the harmful effects of crackers. On the final day of the event, an exhibition was held that was inaugurated by Principal Dr. Nisha Bhargava. The grand utsav culminated with an exciting cultural programme comprising of enthralling dance and song performances, and a felicitation ceremony. Speaking on this occasion, Principal Dr. Nisha Bhargava highlighted the origin of Diwali festival in the epic Ramayana- an eternal source of guidance to mankind. She impressed upon the students to assimilate the learnings from Ramayana in their lives, like maintaining equanimity in the face of challenges, importance of dharma over emotions, significance of persistence and dedication, and so on.



Seeking to spread the message of an eco-friendly Diwali, the college also participated enthusiastically in the Department of Environment and Department of Education, Chandigarh Administration's Anti Cracker Campaign on the theme 'Swachh Diwali Green Diwali'. The activities conducted under this

campaign included Anti Crackers Oath, Anti Cracker Rally by the Swachhta Committee and NSS units, Painting, Poster making and Slogan Writing Competitions by Character Building Committee, Poem Recitation and Essay Writing on Air Pollution by Swachhta Committee- Languages and an online awareness lecture on Green Diwali by Dr. Shafila, Department of Environment Science of the college. The campaign received encouraging response as students and volunteers participated in it wholeheartedly, making it a success.

## MCM NSS holds Dengue Awareness Campaign at Badheri



The NSS Units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online lecture on 'Importance of Yoga' as part of Fit India Run- Amrit Mahotsav@75. The resource person was Ms. Keisham Monarita, Gold Medalist in Yoga at National and International Level.

The session began with Om chanting followed by explanation of the meaning and origins of yoga. Thereafter, the expert discussed in detail different types of yoga i.e. Karma yoga (yoga through action), Jnana yoga (yoga through knowledge), Hatha yoga, Raja yoga (king/ supreme yoga), Bhakti yoga (yoga through devotion) and Astang yoga. Further, benefits and correct technique of doing Pranayama were explained along with practical demonstration of the different types of pranayama. The session concluded with the brief explanation about the benefits of practicing yoga daily.

Principal Dr. Nisha Bhargava, an ardent follower of yoga, expressed appreciation for this initiative of NSS units to sensitise students about the importance of yoga. Highlighting the significant role of yoga in promoting holistic well-being, she said that it is an invaluable gift of ancient Indian tradition that has played a significant role in psycho-social care and fighting the effects of social isolation during the pandemic ridden times.

## MCM holds session on Creative Writing



The Personality Development Club and Equal Opportunity Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online interactive session titled 'Get The Lump Out of Your Throat Through Creative Writing'. Ms. Suditi Jindal, Life Coach and Founder of PHILYRA Training and

Consultancy, was the resource person for this enlightening session. Ms. Jindal elaborated on how creative writing can help in scientific understanding of mind and personality.

Shedding light on the role of creative writing in enhancing the skills within oneself and thereby enhancing one's personality, Ms. Jindal shared valuable tips to develop emotional skills by applying the art of creative writing. The session provided insights into how creative writing channelises ones' energy and leads to problem solving abilities. Over 100 students from various streams participated enthusiastically in the session.

Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of Personality Development Club and Equal Opportunity Cell. She further motivated the students to use creative writing in their lives so as to develop problem solving abilities and shape their personalities.

## MCM UBA holds book donation drive at Kajheri

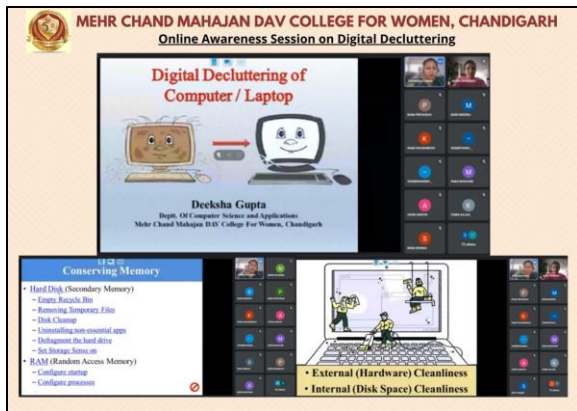


The Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a Book Donation drive in Government Model High School (GMHS) of its adopted village Kajheri, Chandigarh (U.T.). The donation drive of NCERT textbooks (complete sets) was carried out to support the noble cause of establishing a Book Bank for classes 9th and 10th so as to facilitate access to quality education for the students belonging to underprivileged sections of the society.

A total of 11 complete sets of class 9th textbooks and 6 complete sets of class 10th textbooks were donated during this drive. GMHS Kajheri Principal Ms. Gurmeet Kaur and staff members of the school were also present during the drive and enlightened the school children about the importance of education in their lives.

Principal Dr. Nisha Bhargava expressed appreciation for the social outreach endeavours of the college's UBA Cell that envision to bring about transformational change in rural development. She expressed hope that the book donation activity will pave way for developing habit of reading among students and for achieving the goal of quality education for all.

## MCM holds session on Digital Decluttering



The Swachhta Committee (Commerce) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online awareness session titled 'Digital Decluttering of Computer/Laptop'. The session addressed the present age need to be aware of the tenets of cleaning computers/laptops in order to ensure their

long life and smooth running.

The resource person, Ms. Deeksha Gupta, Faculty, Department of Computer Science and Applications of the college, gave the minutiae of cleaning the hardware and memory of computers through an exhaustive visual explanation. The interactive session endorsed the notion of minimalism. Ms. Deeksha responded to the queries of the students and encouraged them to follow all the principles of safety and maintenance of digital devices. The session received an overwhelming response from over hundred students.

Principal Dr. Nisha Bhargava appreciated the efforts of Swachhta Committee for organising an event of great relevance in this digital era. She added that cleanliness in every aspect of life, be it physical, mental, spiritual or professional is immensely significant and one should endeavour to maintain it at all times.

## MCM participates in Clean India campaign



Taking part in the 'Clean India' programme of the Department of Youth Affairs, Ministry of Youth Affairs and Sports, Government of India, the Swachhta Committee (Arts) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a cleanliness drive for collection of single use plastic waste. The drive was

initiated to generate awareness among students regarding Clean India and to ensure their participation in this campaign.

Over 100 students participated enthusiastically in the drive. Further contributing to the campaign, the Character Building Committee of the college conducted a beautification drive of college campus with eco-friendly diyas, stone art and Best out of waste articles made by students. The drive envisioned to make the students aware about Clean India movement and to instil in them a sense of responsibility for promoting the cause of swachhta.

Principal Dr. Nisha Bhargava expressed appreciation for the efforts of Swachhta and Character Building Committees for contributing effectively towards the cause of swachhta. She highlighted that for realising the dream of Swachh Bharat, the collective efforts of youth, citizens and support from all stakeholders are immensely significant.

## Havan held at MCM



In keeping with its tradition of monthly havan yajna, the Arya Samaj Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised havan. Organised with the objective of inculcating vedic values in the students, havan is a monthly ritual at MCM wherein the staff and students offer prayers to the holy fire amidst chanting of shlokas and mantras. The havan was conducted by adhering to COVID appropriate behaviour. Principal Dr. Nisha Bhargava informed that MCM has adopted a holistic approach to educating students wherein besides preparing the students for success, emphasis is also laid on inculcating moral values in them. She added that with the aim of keeping students in touch with our rich traditions and vedic practices, havan is organised every month.

## MCM IIC holds session on IPR



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online awareness session on the topic 'Basics of Intellectual Property Rights and Technology Transfer'. The resource person was Ms. Disha Sharma, Innovation Ambassador- IPRs and

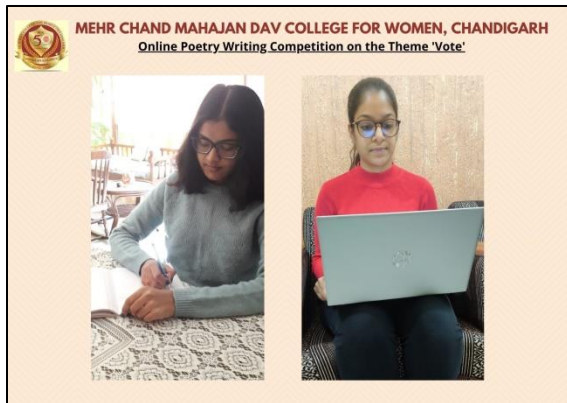
Technology Transfer, MCM IIC.

More than 100 participants attended the session that apprised them about the need and benefits of using Intellectual Property Rights (IPRs) namely copyrights, trade secrets, patents, trademarks, and industrial designs. Some interesting examples of well-established companies were discussed to acquaint the students with the difference between various forms of IPRs. The concept of technology transfer was also elaborated by the speaker during the session. The session equipped the students with the nuances of IPRs and technology transfer. The students found the session very interesting and informative.

Principal Dr. Nisha Bhargava appreciated the efforts of the college's IIC directed at inculcating culture of innovation and entrepreneurship among the students through such initiatives. She added that these efforts will surely lay the foundation of a self-reliant India.



## MCM holds Poetry Writing Competition on vote



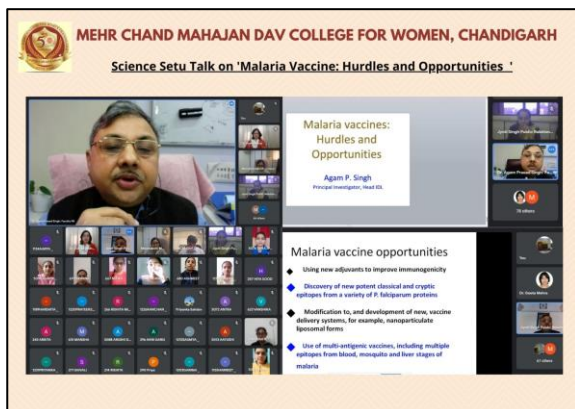
With the aim of sensitising the youth about the importance of franchise for a vibrant democracy, the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Poetry Writing Competition. Held on the theme 'Vote', the competition elicited enthusiastic response from students of

diverse streams.

The participants wove a thought-provoking poetic tapestry of words to share their nuanced thoughts on the right to vote and its importance for a nation. The entries were to be submitted in either Hindi or English, and all the winners and participants were awarded e-certificates.

Principal Dr. Nisha Bhargava lauded this initiative for driving home the message of the importance of vote in a novel manner and providing the students a platform to share their thoughts while showcasing their creativity. She added that an informed and responsible electorate is immensely significant for a thriving democracy.

## MCM holds Science Setu talk on Malaria Vaccine



Celebrating Azadi ka Amrit Mahotsav to commemorate 75th year of Independence, Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Science Setu talk on the topic 'Malaria Vaccines- Hurdles and Opportunities'. Organised in collaboration with National Institute of Immunology (NII), New Delhi,

the talk had Dr. Agam Prasad Singh, Scientist VI, Head, Infectious Diseases Laboratory, NII as the resource person. Dr. Meenakshi Munshi, Consultant DBT also joined the session and highlighted the importance of Science Setu programme for students. During the highly interactive session, Dr. Singh deliberated on various aspects of malaria, current status of malaria vaccines, the after effects of malaria vaccines, medicines and alternative therapies available to combat the disease. He further shed light on the Government of India's initiative to control the disease and future plan of action. Dr. Geeta Mehra, Head, Department of Food Science at the college thanked the expert for enlightening the students on such a relevant topic and motivated the participants to take up career in research. The session culminated with question answer round and a Quiz.

Principal Dr. Nisha Bhargava lauded the Science Setu initiative for educating young minds and encouraging scientific temper. She added that for the greater good of mankind, it is extremely important to motivate the youth to take up scientific research through such programmes.

## MCM NSS donates for visually impaired students



Keeping up with the NSS motto of 'Not me, but you', the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a donation drive. The main aim of this fundraising drive was to support and contribute to the welfare of blind students who had faced difficult time during the

lockdown period. The drive was inaugurated by Principal Dr. Nisha Bhargava who whole-heartedly supported and contributed to this noble cause. Dr. Bhargava lauded this thoughtful initiative of the college's NSS units and called upon the students to work towards building an inclusive world. She asserted that for a progressive and equitable society, it is imperative that the youth come forward and create a better world through their considerate acts of kindness. During the drive, the NSS volunteers along with teaching and non-teaching staff members contributed funds through both online and offline mode. The fund thus collected was then donated to the Institute for the Blind, Sector 26, Chandigarh. Dr. Nisha Bhargava alongwith NSS Programme Officers– Dr Pallvi Rani and Dr Purnima Bhandari, and NSS volunteers paid a visit to the Institute and handed over the cheque to Sh. J.S. Jayara, Principal, Institute for the Blind. Sh. Jayara expressed gratitude towards the staff members and NSS volunteers for coming forward and raising funds to help the institute. Addressing the volunteers, he urged them to make conscious efforts to make this world a better place for everyone including the specially-abled ones. Sh. B.D. Sharma, Secretary, Society for the Blind was also present on this occasion and enlightened the volunteers about the working of the Society and how contributions made by people play a crucial role in lives of specially-abled persons.

## MCM celebrates Constitution Day



On the occasion of Constitution Day, the NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, under the aegis of college's IQAC, organised a national-level online Quiz. The quiz, envisioning to motivate the youth to uphold the values enshrined in our Constitution, included questions based on the fundamentals and features of Indian Constitution. The quiz recorded an enthusiastic participation of around 349 students from over 10 states and UTs including Himachal Pradesh, Punjab, Haryana, Maharashtra, Tamil Nadu, Rajasthan, Manipur, Ladakh, Uttarakhand, Jharkhand and Chandigarh. The first three position holders and two consolation prize winners were awarded cash prizes. E-certificates were given to those who secured 80% and above. Principal Dr. Nisha Bhargava appreciated the efforts of NSS and IQAC to celebrate this day with great fervour. She asserted that this is a day to express gratitude to the makers of our Constitution and urged the youth to commit themselves to building the India of our dreams.

The results of the Quiz are:

**First:** Hiranmaiye R, B.Tech, Velammal Engineering College, Tamil Nadu.

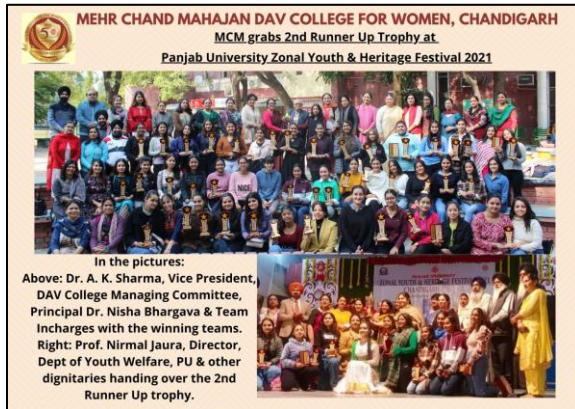
**Second:** Gurleen Kaur, B.A. I, Mehr Chand Mahajan DAV College for Women

**Third:** Radhika Kansal, B.A. II, Mehr Chand Mahajan DAV College for Women

### **Consolation Prizes:**

1. Radhika Sharma, B.Com. I, Mehr Chand Mahajan DAV College for Women,
2. Divya, B.Sc. Medical II, Mehr Chand Mahajan DAV College for Women,

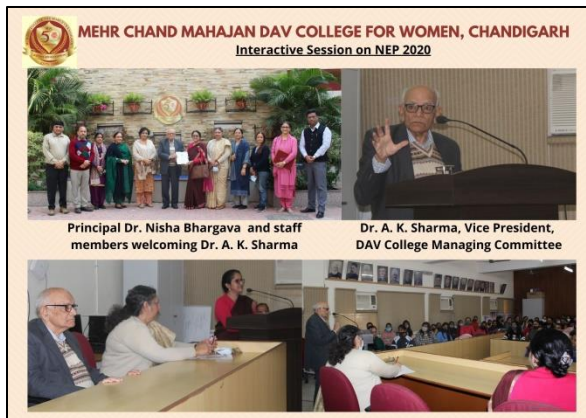
## MCM shines at PU Zonal Youth & Heritage Festival



Mehr Chand Mahajan DAV College for Women, Chandigarh made its mark at the PU Zonal Youth and Heritage Festival 2021 held at Guru Gobind Singh Khalsa College for Women, Jhar Sahib, as it grabbed the overall 2<sup>nd</sup> Runner-up trophy at the festival. The stellar performances of the college's participants in various

competitions resulted in 11 first positions, 15 second positions and 9 third positions. Showcasing their exceptional talent, the participants secured first positions in Story writing, Cartooning, On the Spot Painting, Quiz, Collage making, Poster making, Muhavredar Vartalap, Histrionics, Geet, Indian Orchestra (Team) & Indian Orchestra (Individual). In Debate, Ennu making, Pranda making, Cartooning, Still life, Installation, Clay Modelling, Poster making, Mitti de Khidone, Group Shabad, Classical Vocal, Folk Song, Percussion, General dance (Individual Prize) and Indian Orchestra (Individual Prize), the college bagged 2nd positions. Third positions were secured in Elocution, Peerhi, Collage making, Heritage Quiz, Skit (Team Prize), Skit (Individual Prize), General Dance (Team Prize), Indian Orchestra (Individual Prize) and Non percussion. After their grand success, the winners were also felicitated at the college by Dr. A. K. Sharma, Vice President, DAV College Managing Committee, who was present on this occasion, and Principal Dr. Nisha Bhargava. Dr. A. K. Sharma congratulated the winners and expressed appreciation for the college's efforts directed towards ensuring holistic development of the students. He added that it is heartening to note that due to its various laudable international and national accomplishments, the college has established itself as a brand that commands a prominent place in the academic map of the country.

## MCM holds session on NEP 2020



The Internal Quality Assurance Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an interactive session on National Education Policy 2020. Dr. Ashok Kumar Sharma, Vice President and Senior Governing Body Member, DAV College Managing Committee, New Delhi and former

Director, NCERT was the resource person for this enlightening session. The session was attended by over 120 students and faculty members. Dr. Sharma began his informative session with an insight into the different committees on education like University Education Commission, National Education Commission (1964-1966) also known as Kothari Commission and Secondary Education Commission (1952) also known as Mudaliar Commission. Carrying his discourse further, Dr. Sharma deliberated on some important aspects of NEP 2020 like the proposed structure of education i.e. 5 + 3 + 3 + 4, pedagogy with emphasis on experiential learning, multi-disciplinary and inter-disciplinary aspects and teacher education. He interacted with the teachers and students and asked them to form groups and committees to deliberate and understand these aspects. The session was well received by the participants who found it highly informative and beneficial.

Principal Dr. Nisha Bhargava spoke about the importance of NEP 2020 and how it would strengthen the ramparts of higher education in India. Dr. Bhargava also highlighted the importance of NEP in opening up new portals and avenues of opportunities for the youth of the country.

## MCM IIC holds talk on innovation and entrepreneurship



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online motivational talk titled 'Creativity, Innovation and Entrepreneurship'. Ms. Shivanshi Vashist, Managing Director, MicroRadical 360-degree Pvt. Ltd was the resource person for this talk that was attended by a total of 108 students and faculty members. The session was an endeavour to acquaint the participants with the efforts undertaken by an entrepreneur to start a successful venture.

Ms. Shivanshi emphasised upon thinking out of the box to inculcate ingenuity as well as risk taking ability. She emphasised that hard work, skill, creativity, ideation, connectivity and execution-oriented planning are essential attributes for an entrepreneur to grow a successful start-up. Overall, the session was quite interesting and inspiring.

Principal Dr. Nisha Bhargava lauded the consistent efforts of MCM IIC aimed at systematically promoting and inculcating culture of innovation and entrepreneurship among the students. She added that these efforts are imperative for realising the dream of Atmanirbhar Bharat.

## MCM holds lecture on Mary Shelley & Science Fiction

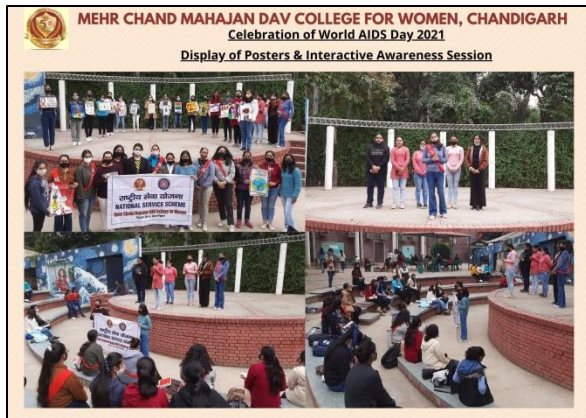


The Postgraduate Department of English at Mehr Chand Mahajan DAV College for Women, Chandigarh, in association with Gopichand Arya Mahila College, Abohar, organised an online extension lecture titled "Mary Shelley and Birth of Science Fiction". Dr. Elisabetta Marino, Associate Professor of English and American literature at the

University of Rome "Tor Vergata" was the resource person for this informative lecture. More than 160 participants attended the lecture using virtual mode. MCM Principal Dr. Nisha Bhargava and Dr. Rekha Sood Handa, Principal, Gopichand Arya Mahila College, welcomed Dr. Marino and appreciated her effort to enlighten the participants about the celebrated writer, Mary Shelley and her contribution to the genre of American science fiction. As Dr. Bhargava highlighted the importance of science and technology in human life, she also drew attention to the irony of science and technology being a bane to the human society, thereby impressing upon the relevance of study of science fiction as a genre that provides a reflection of our world and its problems. Dr. Marino delivered an enlightening talk on the events that prompted an 18-year-old Mary Shelley to produce a classic like 'Frankenstein'. She further discussed how Shelley's work is often mischaracterised as a gothic novel and re-emphasised the significance of Shelley to the literary world. She especially raised the moral issues about the perils of scientific interference with nature. It gave the participants an opportunity to not only understand the birth of science fiction, but also provided them a platform to ponder over the moral and ethical responsibility towards the natural world. The lecture prompted the participants to reflect upon the significance of Science fiction in a post-COVID world.



## MCM marks AIDS Day with awareness programme



In keeping with this year's theme of World AIDS Day i.e. 'End inequalities. End AIDS. End Pandemics', the NSS units and Red Ribbon Club of Mehr Chand Mahajan DAV College for Women, Chandigarh commemorated the day with an awareness programme at the campus. The programme envisioned to create awareness so as to dispel the misconceptions and taboos related to HIV/AIDS, and to spread the message of ending the inequalities caused due to such taboos.

During the programme, the NSS volunteers displayed posters disseminating information about HIV/AIDS, its causes, the symptoms of the disease and the initiatives taken up by the Government of India to curb this deadly disease. In an interactive session, they discussed various myths and taboos related to the disease, thereby helping in promoting among the college youth a scientific outlook towards AIDS.

Principal Dr. Nisha Bhargava underlined the importance of this awareness initiative by stressing upon the fact that the myths associated with AIDS can add to the patients' physical, social and mental stress. She added that the stigma attached to this disease needs to be eradicated, and the only way to do that is by generating greater awareness.

## MCM celebrates International Day of Persons with Disabilities



The NSS units of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with the college's Character Building Committee, organised an awareness programme to mark the celebration of International Day of Persons with Disabilities. As part of the programme, volunteers prepared and displayed posters regarding the problems faced by disabled people and the solutions to those problems. The volunteers educated the students about the importance of observance of this day as a way to promote the rights and well-being of persons with disabilities in all spheres of society. Interacting with other college students, the volunteers sensitised them about the difficulties faced by persons with disabilities. They also spread awareness about the unjust treatment meted out to the disabled persons in various spheres of life including political, social, economic and cultural, and encouraged the youth to adopt an impartial and positive outlook towards such persons. The programme received enthusiastic response as students resolved to work towards creation of a just and equitable society.

Principal Dr. Nisha Bhargava lauded this endeavour to inculcate an empathetic attitude among students towards the persons with disabilities by educating them about the problems faced by these persons. She added that for a just and equitable society, it is imperative that the youth come forward to work towards betterment of various sections of the society.

## MCM students train in Cyber Security



Mehr Chand Mahajan DAV College for Women, Chandigarh participated in a two-day national level training programme organised by Chandigarh Police under the flagship programme of Cyber Swachhta Mission of the Cyber Cell of Chandigarh Police. The students who were trained during this programme got the opportunity

to join hands with Cyber Cell, Chandigarh Police as Interns to promote cyber hygiene among common people. Col. Shailesh Tiwari, who is currently doing research on Cyber Warfare at IIT Madras, Mr. Jiten Jain, a well-known Cyber Security expert and Mr. Rakshit Tandon, Director/Founder of HackerShala, were the speakers during this highly informative programme. Col. Shailesh Tiwari, through his exhaustive presentation, shed light on various techniques to get more information. Mr. Jiten Jain highlighted the skills for information warfare and how the Intelligence agencies use OSINT (Open Source Information Technology) to track events, equipment such as weapon, systems and people. In an interactive session with Mr. Rakshit Tandon, the audience was apprised of several case studies and was sensitised about the importance of data privacy and security. He demonstrated live hacking as well as different methods for avoiding cybercrime, such as two-step verification, comment control, and using a strong password.

Principal Dr. Nisha Bhargava congratulated the trainees on successful completion of their training on the crucial aspect of cyber security that has become extremely relevant in this age of internet proliferation. She added that such empowerment programmes are imperative to equip citizens with requisite skills to tackle the menace of cyber crimes.

## MCM holds session on Career in Radio

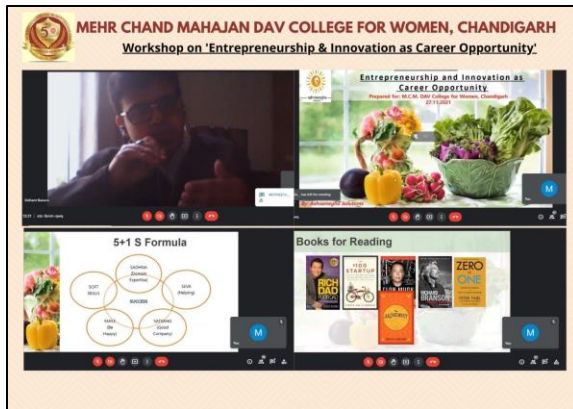


With the objective of enlightening students about the career opportunities in the field of radio with special reference to radio jockey, the Department of Mass Communication at Mehr Chand Mahajan DAV College for Women, Chandigarh organised an interactive session on 'The Creative World of Radio Jockey'. Mr.

Ansh Grover, Programming Head (Radio and Digital), Mirchi Chandigarh was the resource person for this invigorating session. Referring to the world of radio as a blank canvas, Mr. Grover exhorted the participants to paint it with their creativity. Outlining the mantra of a successful career as a radio jockey, he listed out the qualities that enable the RJ to establish a connect with the audience and carve a niche for oneself. The session provided practical insights into the art of radio jockeying and the participants found it immensely useful. Making the session all the more engrossing, Mr. Grover assigned the participants the task of making their links for their hypothetical radio show. The participants then presented their links before the audience that were hugely appreciated by the expert.

Principal Dr. Nisha Bhargava lauded this initiative of the Mass Communication Department to apprise students about the creative world of radio and the career opportunities therein. She further informed that it is a matter of pride that the college has been ranked among the top Mass Communication institutions of the country for three consecutive years by India Today.

## MCM IIC holds workshop on entrepreneurship & innovation



The Institution Innovation Council (IIC) of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online workshop on 'Entrepreneurship and Innovation as Career Opportunity'. Mr. Sidhant Banura, Director, Ashvamegha Solutions, Amritsar was the resource person for this workshop that witnessed enthusiastic participation of over 108 students and faculty members. The session was an endeavour to inspire students to take up entrepreneurship as a career by acquainting them with the prospects of undertaking entrepreneurship and innovation. Apprising the participants of the plethora of opportunities in the world of entrepreneurship and innovation, Mr. Banura emphasised that a positive mindset is imperative for an entrepreneur to start a venture. He added that to nurture a successful start-up, discipline, objectivity, hard work, communication, creativity, planning, adaptability and problem-solving ability are essential attributes that an entrepreneur must possess. Overall, the session was quite thought-provoking and inspiring.

Principal Dr. Nisha Bhargava lauded the consistent efforts of MCM IIC aimed at promoting culture of innovation and entrepreneurship among students through such sessions that acquaint them with industry insights. She informed that the Union Ministry of Education's Innovation Cell has awarded the college's IIC 4 star rating in its Annual Performance report (2020-21).

## Nuances of make-up unravelled at workshop in MCM



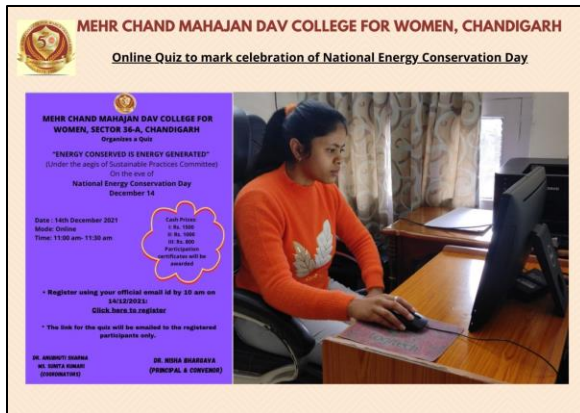
The Cosmetology and Beauty Care Add-on Department of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a one-day workshop on 'Advance Make-up Technique'. Ms. Kavita Aggarwal of Meraki Make up Academy and Studio, Sector 17, Chandigarh was the resource person for this workshop that

provided hands-on training in various make-up techniques.

Ms. Aggarwal apprised the over 33 participants of the latest in make-up. In a step by step live demonstration, Ms. Aggarwal shared important techniques of make-up which can be incorporated to enhance one's looks. The workshop witnessed enthusiastic participation of the students who found the insights of the experts extremely beneficial.

Principal Dr. Nisha Bhargava commended this initiative to impart skills to the budding cosmetologists. She said that personal grooming infuses confidence in an individual by adding to the personality.

## MCM celebrates National Energy Conservation Day



To mark the celebration of National Energy Conservation Day, the Sustainable Practices Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised an online Quiz on the theme 'Energy Conserved is Energy Generated'. The event aimed to encourage students to adopt energy

conservation practices and to motivate others to do the same for a sustainable future. The quiz covered various areas where it is possible to save energy on a day-to-day basis and also touched upon various efforts of the Government of India regarding energy efficiency and conservation in appliances, buildings, transportation, agriculture and so on. A total of 376 students registered for the online quiz.

Principal Dr. Nisha Bhargava, an expert in Energy Economics, drew attention to the global shortage of energy resources and reiterated the importance of individual efforts in conserving energy that drives the world. She added that we need to judiciously conserve energy by substituting non-renewable energy resources with renewable ones and reducing the overall energy consumption.

The results of the Quiz are :

1st: Dilnoor Ghai of BA II

2nd: Tanya Goel of BA III

3rd: Arshiya Mehta of BA II

## 3-day Electoral Awareness Programme at MCM



Under the aegis of the Electoral Awareness Programme of Chandigarh Administration, the NSS units and the Electoral Literacy Club of Mehr Chand Mahajan DAV College for Women, Chandigarh held a 3-day long awareness programme that comprised of various activities seeking to strengthen the spirit of

democracy. On day one, Electoral Pledge was administered virtually to over 100 students and faculty members of the college. All the participants committed themselves to uphold the ideals of democracy. On the second day, an online Quiz on the topic 'Elections and Electoral Process in India' was organised that tested the participants' knowledge of the process of elections in our country. Around 161 students took part in the quiz. The programme culminated with an online Declamation Contest on the topic 'Importance of Local Bodies Election (Municipal Corporation - 2021) in Chandigarh'. Students took part enthusiastically in the contest. Over 35 entries were received for the contest wherein the participants reiterated that it is crucial to vote for the right candidates to ensure the development of the city in terms of infrastructure, safety and facilities. The contest created the much needed awareness amongst the first time voters to vote for and support the right candidates in the Municipal Corporation Elections scheduled in December, 2021. Principal Dr. Nisha Bhargava expressed appreciation for this initiative of NSS and Electoral Literacy Club to promote awareness among the youth regarding the electoral process and its importance. She added that since fair and free elections are the backbone of any democracy, the event will go a long way in nurturing the spirit of democracy among the youth.



## MCM holds idea competition on Stubble Burning



The Institution Innovation Council and Department of Environment Science at Mehr Chand Mahajan DAV College for Women, Chandigarh organised Just a Minute Idea Competition on the theme 'Stubble Burning'. The competition sought to draw attention to the menace of stubble burning and motivate students to come up

with innovative ideas to deal with it. The participants shared various ideas for the control of stubble burning like procuring of stubble from farmer for a price to be used as cattle fodder, diverting excess workers to the agricultural fields to weed out the crop residues, converting crop residue into manure by accelerating the decomposition process, compost making from crop residue, using stubble for packaging of fragile material like glass and crockery, making biodegradable cutlery, paper and cardboard, and so on. Three best entries were awarded cash prizes.

Principal Dr. Nisha Bhargava highlighted the importance of this initiative by saying that pollution from stubble burning poses a serious risk to the health and safety of people. She asserted that finding practical, effective, and sustainable solutions to curb the practice is critical.

The results of the competition are:

1st: Muskaan Lamba (MA Economics II)

2nd: Bhavika Mehta (BSc II)

3rd: Dhanu (BCom II)

Consolation: Simar (BA I), Yashika (BCom I)

## MCM celebrates Human Solidarity Day



Marking the celebration of International Human Solidarity Day, the Character Building Committee of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a 'Sauhard'- a donation drive of woollen clothes for underprivileged people. The aim of the drive was to spread the message of love

and compassion, and to celebrate the spirit of humanity.

The staff and students of the college participated in the drive with great enthusiasm and donated woollens for this noble cause. The student ambassadors of the Committee then visited Sectors 15 and 37, Chandigarh wherein they distributed the woollens among the underprivileged people.

Principal Dr. Nisha Bhargava expressed appreciation for this initiative of the Character Building Committee to instill in students the values of kindness, compassion and empathy. She added that giving away woollens to the needy in this cold weather is a noble gesture symbolic of gifting the warmth of care and love to fellow human beings facing coldness of life.

## MCM holds cleanliness drive using 'Gandhi Chhadi'



The Swachhta Committee of college in collaboration with Mahatma Gandhi National Council of Rural Education, Ministry of Education, Govt. of India, organised Campus Cleanliness Drive using Gandhi Chhadi under the Innovation for Waste collector initiative. The primary aim of the drive was to promote cleanliness and waste segregation through the use of an

innovative patented tool named as Gandhi Chhadi. Sh. H. R. Gandhar, Vice President, DAV College Managing Committee and Senior Governing Body Member of the college graced the occasion. Lauding this initiative, Sh. Gandhar said that such activities further strengthen Gandhian ideals and motivated the students to imbibe the principles of Gandhian philosophy for progress of the nation. Over 50 student volunteers and 12 safai karamcharis participated in the drive. Gandhi Chhadi is a waste collection tool, recognised by Ministry of Urban Development, Govt of India, that provides an efficient and hygienic way of collecting plastic, paper and similar waste without hand touching. The faculty involved demonstrated this simple waste collection tool and the idea behind it to the students who then actively participated in the cleanliness drive using this device. The cleanliness staff was also taught about its operation and motivated to use it on a daily basis in the campus. In another accomplishment reflecting MCM's commitment to the cause of swachhta, students Ishmeet Kaur (BA II) and Cdt Aditi Joshi (BA II) won state level 1st prize in Jingle Competition and 2nd prize in Movie Competition, respectively, organised by Chandigarh Municipal Corporation under Swachh Sarvekshan 2022. Principal Dr. Nisha Bhargava informed that the college's commitment to swachhata earned it recognition at national level when the college was awarded Cleanest College (Residential Category) 2018 by Ministry of Human Resource Development, Government of India. She added that over the years, the college has not let up its swachhta related initiatives and has ingrained a culture of cleanliness among its various stakeholders.



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